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H-PLUS SPECIAL REPORT: TO GAIN NO PAIN

by Raymond Haimila

Professional Division member Raymond Haimila is employed at a chronic pain clinic specializing in a program of pain management combined with drug-reduction therapy. As activity and entertainment coordinator, he introduced Hemi-Sync[®], and specifically the H-PLUS[®] tapes, to six patients on a trial basis.

To introduce the tapes, I offer a presentation on sleep, sleep cycles, sleep disorders, and the importance of sleep as a restorative process. Then, each pain patient lies on a mat with a pillow and headphones to listen to just the *Prep* side of an *H-PLUS* tape. Sounds of snoring from two patients who said that they were usually unable to fall asleep were quite exciting.

The simple procedure of listening to just *Prep* creates receptivity to the impact of the tapes. Patients cannot wait to hear the other side! Over the next few days, as we get acquainted, I recommend specific tapes for their individual problems.

After a two-month residential program, all six patients started their own TMI tape libraries; all six patients had excellent results with some of the tapes, two had success with all the tapes, and the pain clinic has started its own TMI library.

A female with myofacial pain and dysfunction and severe pain was able to lower tension in a band across her forehead almost instantaneously after learning the Function Command for *De-Discomfort* by listening to the tape twice. With electrodes placed on her forehead and connected to an ORION biofeedback system, the reading immediately dropped from 6 mv to 3 mv when using the "Plus-55515" Command.

Measurable results were also achieved by a male with chronic pain from a neck injury and nerve root entrapment (cervical vertebrae C5-C6 and C2-C3). After he listened to *De-Discomfort* and *Circulation* two times each, the biofeedback system showed electrical activity in the forehead dropping from 3.4 mv to 1.2 mv using the "Plus-55515" Command. The same patient, whose hands always felt cold due to poor circulation, used "Plus-Flow Smooth" (*Circulation*) to raise the temperature at a fingertip sensor from 32° C to 37° C very quickly.

Although these results are not scientifically conclusive, from my personal observations—and from discussions with the patients—the tapes are a hit! H-PLUS *De-Discomfort*, *Restorative Sleep*, *Circulation*, and *Off-Loading* had the biggest impact on reducing chronic pain. The MIND FOOD[®] tapes *Sound Sleeper*, *Pain Control*, and *Flying Free* were also helpful. One patient who also has asthma swears by *H-PLUS Lungs: Repair & Maintenance*.

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